The cause of Stress

The word 'stress' is defined as "a state of affair involving demand on physical or mental energy”. It can often be difficult to identify the causes of stress because people are individuals and can react differently to any given situation. While one person may deal with a stressful situation with confidence and ease, another person may find great difficulty in coping and becomes overstressed. There are numerous events in life that can cause stress, and despite the differences in peoples makeup, there are a number of well identified events that can trigger a stress reaction. These can range from losing your job, breaking up with a spouse or long term partner, or being diagnosed with a serious illness. People’s reactions to these types of major event will determine how they cope with any increased in their stress levels.

In many cases it is not the cause of the stress that is the most important factor, but how the person deals with the situation. If they feel they can overcome the obstacles quickly without any major difficulty, they are much less likely to feel stressed by the event. Stress affects everybody and anybody these days. There is a persistent prejudice that only grown-up adults are prone to stress. Lately even teenagers to adult are experiencing stress because of the way the economy is today. Today Stress symptoms include mental, social and physical changes that a person experiences. These include exhaustion, headaches, crying, sleeplessness, oversleeping, and loss of appetite and feelings of frustration, rage, apathy.

A loss of a job can certainly be a source of a great deal of stress, due to the wide ranging impact this can have on people’s lives. People may see a drastic reduction in their income level, worry about paying their mortgages, and how long it will take to find a new job. Other people may see the same event as a new challenge and an opportunity to change direction in their career, which will lead to a better future in the long term. The economy is in crisis were we see more stress on people faces because they are worrying if they are next to be laid off or having problem locating a new jobs. Over the past few months the amount of jobs that reported to be loss is ridiculously crucial. Just recently in the news ”JPMorgan’s make a statement that they will laid off over 9,200 jobs and that’s all fall because of the recession that we are facing. Of the 9,200 jobs being eliminated as JPMorgan integrates Washington Mutual, 4,000 will be cut by the end of January, a JPMorgan spokesman said. The remaining 5,200 employees will remain with JPMorgan through a transition period, but will lose their positions by the end of 2009.Those 5,200 employees who stay on as transition workers will receive double their salary retroactive to Oct. 1 until their last day on the job, and be entitled to severance packages, the spokesman said. Washington Mutual had between 41,500 and 42,000 employees nationwide when JPMorgan took over the bank at the end of September. JPMorgan acquired most of Washington Mutual's assets from federal regulators in September after the Seattle-based bank failed amid the ongoing credit crisis that saw other banks struggle as well, such as Lehman Brothers Holdings Inc., which filed for bankruptcy protection, and Wachovia Corp., which agreed to be sold to Wells Fargo & Co. Washington Mutual was weighed down by its deep exposure to the crumbling mortgage market, which has been the hardest hit area of the markets since the middle of 2007. As mortgages increasingly default beginning in 2007, Washington Mutual was forced to set aside billions of dollars to cover losses”.

In the same way, the end of a close relationship can be very stressful. Some people will believe that their life is meaningless without this person and sink into a state of depression, while others may see it as something which happens to most people at some point in their life, and they adjust themselves to the new situation accordingly. People’s reactions will be different because we all interpret these events differently. Other factors in the breakdown of a relationship are incompatibility issues; sometimes couples get together and after the initial so-called ‘honeymoon period’ cracks appear in the relationship. This can lead to one or other of the parties in the relationship suffering from stress or depression because they feel trapped but do not have the courage to air their feelings with the other partner. Also having a child can have a huge impact on the relationship between partners. The addition of a newborn to an otherwise quiet home can cause massive upheaval and bring high stress levels to all concerned. Sleepless nights, teething, and again the financial burden of having a child can cause stress levels to rise to dangerous proportions. This is more common in the mother who may sometimes be suffering from postnatal depression. As a new mom I went through a stage where I wasn’t ready to have a child and at the same time I was dealing with lots of stress. The cause of my stress was how I am going to handle a baby and finish school, and financially how can I still able to keep up with sleep and do the right thing to better myself. However, the cause of the stress within a relationship; not sharing the problem with one another can lead to major problems and the problem that originally may have been something that could have been dealt with by both parties becomes something that fractures the stability of the relationship and ultimately brings it crashing down. I personally see relationship destroyed because the cause of stress is over bearing for one of the partner to manage.

Nevertheless, something which would cause most people stress is being diagnosed with a serious illness. Illnesses such as cancer, diabetes, arthritis or heart problems will often leave people extremely worried and stressed. This is a natural reaction to the unknown and people will be unsure of how they will cope with this new situation. My grandmother is diagnosed with arthritis and I know she is stress because on some given day her knees swollen and she stress about not be able to walk or do her normal routine. My grandmother have suffered so much because the cause of stress was unbearable for her and without her children closed by it make it hard for her to do things on her owned when the arthritis take over her body. However, “too much stress can also make it harder for people with arthritis to face the extra problems imposed by their disease. These problems may include medical expenses, changes in lifestyle, side effects from drugs, and concern about the future. By learning to cope with stress in a positive way, you can reduce your pain, feel healthier, and deal better with the extra demands of your disease. It is for these reasons that stress management is an important part of taking care of your arthritis”.

As I conclude, other circumstances which cause stress can include being under too much pressure at work by managers, problems in dealing with young or teenage children, or problems with neighbors or living in a community with high levels of crime. All of these issues can cause an increase in stress. Overall I believe that stress is easy to cope if we have the right positive people around to help us go through the roughest time of our life. As I mention before the causes of stress can be because of mortgages, diagnose with arthritis, diabetes, losing your jobs and such fourth. Remember that having arthritis is only one part of your total health picture. Sometimes people feel so overwhelmed trying to manage their arthritis that they forget about the rest of their health. You control your diet, weight, exercise, and attitude, for example. By becoming as physically and mentally fit as possible, you can improve your energy, state of mind, and your level of stress. Finally, remember that managing stress is your job. With stress under control, it'll be easier to keep your arthritis under control.

Work Citied Page

STEPHEN BERNARD, AP Business Writer Stephen Bernard, AP Business Writer – Mon Dec 1, <http://news.yahoo.com/s/ap/20081202/ap_on_bi_ge/jpmorgan_job_cuts;_ylt=ArdHWnjhO66ojCd9fnM23Bus0NUE>

<http://www.orthop.washington.edu/uw/livingwith/tabID__3376/ItemID__100/PageID__160/Articles/Default.aspx>

http://www. OxfordDictionary.com